



Let's Talk about Sex: rationale and development of a new board Game SeCZ TaLK

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background



- the development of sexuality and intimate relations is an important developmental task of adolescence
- compared to healthy peers, adolescents with chronic conditions / disabilities often experience a delayed development of sexual relations
- young adults with chronic conditions are less satisfied with their sex life than healthy peers
- they report more sexual problems

Sexual experience of 103 young people (aged 16–24) with cerebral palsy versus able-bodied Dutch age mates (reference group)



	CP (%)	Healthy peers (%)
Intimate relationship at the moment	28	63
<i>Sexual experience:</i>		
Masturbation	80	85
Sexual fantasies	66	54
French kissing	83	91
Feeling and caressing	76	90
Making love nude	70	83
Sexual intercourse	60	83

(Wiegerink et al., 2010)

aspects related to sexuality and chronic conditions



- *medical aspects:* pharmacological effects (incl. medication interaction), sexual functioning, physical limitations (incl. pain, tiredness), reproductive health (contraception, pregnancy, fertility, heredity)
- *psychological aspects:* self esteem, body image, experienced attractiveness, feelings of depression, loneliness etc.

sexual health issues = part of good health care



- discussing sexuality and intimate relationships is part of good health care and health education
- health care providers and teachers involved in special education should provide information, support and counseling concerning the effects of the chronic condition on sexuality
- health care providers and teachers often feel unprepared to discuss sexual matters.



do health care providers talk about sex?



- *observations* of 39 medical consultations revealed that non-medical issues (incl. sexuality) are rarely addressed during medical consultations.
- in a *survey* among of 954 Dutch adolescents with chronic conditions (12-19 yrs) 79% stated that sexuality is never discussed during medical consultations

(van Staa et al., 2007/ 2008)

is talking about sexuality important?



- 50% of adolescents surveyed (n=954) find it (very) important to discuss fertility and sexuality in relation to the chronic condition
- over 75% of 159 surveyed healthcare providers in Dutch rehabilitation centres and hospitals find this topic important, but need practical tools to facilitate the discussion.

(van Staa et al., 2008)

development of new educational board game



- participatory design of new board game -SeCZ Talk- aimed at stimulating communication on sexuality and intimate relationships in youth with chronic conditions
- game consists of 66 cards with 264 items that address knowledge, attitude and communicative skills in four domains:

- | | |
|-----------------|---------------|
| 1)Sexuality | 3) Your Body |
| 2)Relationships | 4) The Future |



features of SeCZ TaLK



- to be played in small groups (3-8 young people 12-25 yrs); mixed group or separate boys / girls
- facilitator (doctor, nurse, school teacher, social worker, physiotherapist or psychologist)
- extensive manual
- three types of items: open questions (knowledge), propositions (attitude), and role-play (communicative skills) (van der Stege et al., in press)
- action cards: yes / no / blush

examples



- **propositions:** "I talk with my parents about sex", "It's okay for me to have a relationship with a disabled person or a person with a disease"
- **open questions:** "Mention four physical changes in girls' puberty", "Imagine that you and your friend want to have sex but you are physically exhausted. What do you do?", "Which part of your body do you find beautiful?"
- **role-playing:** "Play: you notice an attractive person in the café. What do you or what do you say?", "Play: ask your doctor if it's possible for you to have sex and to have children"

evaluation of pilots with SeCZ TaLK



- in 2009, 85 adolescents with chronic conditions / disabilities played the game in three rehabilitation centers/schools for the disabled, one outpatient clinic and a patient organization holiday camp
- 12 professionals acted as facilitators
- evaluation of feasibility and appreciation of SeCZ TaLK

(van der Stege et al., in press)

The SeCZ TaLK Evaluation Questionnaires



Youth (n=85)	Mean	SD
1. I find it important to be able to discuss sexuality and relationships (range 1-5)	4.35	1.03
2. Appreciation Scale (range 7-35) Cronbach's alpha .81	26.11	6.11
a) I liked to play the game	4.46	.81
b) I found playing the game exciting	3.20	1.31
c) I want to play the game some other time again	3.85	1.25
d) Personally, I found playing the game appropriate for me	3.69	1.36
e) The game helps to talk about sex and relationships	4.18	1.22
f) It is necessary to play this game	3.76	1.25
g) I have learned or heard something new	2.98	1.58
3. I felt free to express my opinion during the game session (range 1-5)	4.65	.61

evaluation of pilots with SeCZ TaLK



- 85% of adolescents found it (very) important to discuss sexuality and intimate relationships
- 81% felt that SeCZ TaLK enabled this
- girls were more positive about the game than boys ($p < .05$) and younger participants were more positive than older ones ($p < .01$). Youth in an outpatient clinic appreciated the game most ($p < .05$)

(van der Stege et al., in press)

The SeCZ TaLK Evaluation Questionnaires



Professionals (n=12)	Mean	SD
1. Discussing relationships and sexuality is necessary for the adolescents I work with (range 1-5)	5.00	.00
2. For adolescents with chronic conditions / disabilities sufficient attention is being paid to relationships and sexuality (range 1-5)	3.00	1.12
3. I can facilitate the game without an additional training (range 1-5)	4.25	.96
4. Feasibility Scale (range 4-20) Cronbach's alpha .72	18.75	1.91
a) The board game SeCZ TaLK is useful within my organization	4.50	.67
b) This game is useful and instructive for the adolescents I work with	4.50	.90
c) I would like to use the game again	4.92	.28
d) I recommend the game to my colleagues	4.83	.57

Professionals asserted discussing these issues very important for their work and would recommend the game to colleagues.

conclusion



- there is a real need to improve communication about sensitive issues including sexuality with adolescents with chronic conditions.
- SeCZ Talk is a promising tool for communication with youth with special health care needs

<http://www.youtube.com/watch?v=a3dmahnDW4M&feature=related>

www.oEigenbenen.nu

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Yes / No / Blush



1. I discuss sex with my friends
2. Fantasizing about sex is okay
3. Girls/women do not like porno movies
4. A nice character is more important in a partner than nice looks
5. It's okay for me to have a relationship with a disabled person or a person with a disease



Contributers

Rutgers Nisso Group
Erasmus Medical Center Rotterdam
BOSK
Sophia Rehabilitation The Hague
TransitionNet



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revalidatiefonds



VSBfonds



KinderFonds